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Navy Dental Corps Celebrates 101 Years

By Sharon
Renee Taylor
WRNMMC Journal
staff writer

On Aug. 22, 1912, President William Howard Taft signed a bill from the 62nd Congress authorizing the Secretary of the Navy to appoint 30 acting assistant dental surgeons as part of the Medical Department of the Navy — establishing the U.S. Navy Dental Corps.

Today, Navy Dentistry has grown to nearly 14 specialties, with more than 1,300 active and reserve officers providing care for service members, retirees and beneficiaries. More than 100 Navy dental officers serve as faculty, residents or staff at either Walter Reed National Military Medical Center (WRNMMC) or the Naval Postgraduate Dental School (NPDS), a directorate of Navy Medicine Professional Development Center (NMPDC), a tenant command at Naval Support Activity Bethesda (NSAB), according to Navy Capt. (Dr.) Glenn A. Munro, who serves as NPDS dean and director of NMPDC. Moving into its next century of dentistry, the Navy Dental Corps celebrates the pride of its past, and sets the foundation for the course of its future — a future led by dentists like Navy Lt. (Dr.) Gregory M. Gittleman, who recently completed a two-year Comprehensive Dentistry Residency at NPDS.



Navy Lt. (Dr.) Gregory M. Gittleman dons a set of lighted-magnifying glasses and uses a tiny hand tool to add character details and refine a set of porcelain veneers for a patient.

“The Journal” followed Gittleman for a look at “the day in the life” of a Navy dentist as he prepared to leave for his first duty station, U.S. Naval Hospital, Guam.

After beginning his Monday morning with a 7 a.m. Officers Quarters for a plan of the week, Gittleman heads to Operatory Room 2482 to see his first patient of the day: Hospital Corpsman 3rd Class Hade-tamu Desta, a lab tech in transfusion services at WRNMMC. The dentist draws a picture on a dry erase board to explain an upcoming gum surgery and uses a camera to take photos of his patient. He said photography is an important learning tool for students at the NPDS.

The Naval Dental Corps officer reviews X-rays. His patient doesn't have enough bone for a graft and his military career ends in November. Gittleman

must change his original treatment plan — not uncommon for a military dentist.

“There are unique circumstances [which] come up that challenge a person [to go beyond] the textbook answer on treatment,” Gittleman said.

One patient may deploy much sooner than expected, another travels frequently. A military dentist must find different options for a patient, like those for a wounded warrior without enough manual dexterity to remove a dental prosthesis, Gittleman explained.

“You have to be creative and really work with the patient, talk with them and figure out what the best treatment is for them,” he said. Changing variables are routine challenge for military dentists.

After Desta leaves with a handshake and a smile, Gittleman explains a casting technique with Hospital-



Photos by Sharon Renee Taylor

Gittleman uses his camera to take photos of his patient. He said photography is an important learning tool for students at the Naval Postgraduate Dental School.

man Shand Gilbert, a new dental assistant. “At some moments of the day you're the teacher, sometimes you're the student,” the Navy dentist said. “As dentists, we're always learning.”

Gittleman heads to the office to complete his notes immediately while they're still fresh in his mind. It's 8:20 a.m. He stops to answer a question from Dr. Benjamin Gantt, a second-year comprehensive dental resident. Gittleman graduated from the same program two months earlier.

It's 9:30 a.m., and Gittleman consults with his next patient, retired Air Force Col. Gerald Volloy. The retired colonel said he attended the Naval Postgraduate Dental School's June graduation in full uniform,

to honor the residents and show his gratitude.

“I've been a patient here for over five years and I couldn't have had better care anywhere in the world; this is an outstanding program, manned by outstanding students. They pick the best to be here, and Dr. Gittleman is one of them,” Volloy said, flashing a grin. “I've got a better smile now than when I [first] walked in.”

Gittleman returns to his office to complete notes, and then it's back to the room to refine a set of porcelain veneers for a patient. It's 10:20 a.m. He dons a set of lighted-magnifying glasses and uses a tiny hand tool to add character details.

“Real teeth aren't perfectly smooth,” he said, interrupting his close inspection. He'll return the veneers to

the lab one last time for another glazing. “If you don't have time to do it right, when will you have time to do it again?”

“Looks good,” said Navy Capt. (Dr.) Scott Kooistra, who runs the Operative Dentistry department at the school. The expert on dental implants with 18 years of service as a Navy dentist will join Gittleman for the placement of the veneers.

Gittleman heads to the office at 11:10 a.m. for a quick lunch and makes some phone calls to confirm moving arrangements of his household goods to Guam. He looks forward to seeing the world as a Navy dentist. As the son of a retired Air Force surgeon and former Air Force

See DENTAL page 7

Commander's Column

Labor Day weekend is a time to celebrate all of those workers, who through their energy and efforts, have contributed to the strength, prosperity and well-being of our country.

At Walter Reed National Military Medical Center, the Nation's Medical Center, the efforts of all of our staff – service members, civilians, contractors and volunteers – enable us to deliver world-class care in a healing environment to our nation's heroes and their families each and every day. The efforts of our staff are the reason we are a preferred provider of the nation's leaders, and why we are proudly called "the Presidents' Hospital."

As a team, over the past few months, we've endured much, and I thank you for your steadfast dedication and commitment. Your hard work has not gone unnoticed.

There's no doubt, What You Do Matters.

Therefore, I encourage each of you to take some time this Labor Day weekend to celebrate your efforts. Whether you relax and celebrate at home, or hit the road to celebrate with family and friends, I encourage you to do so safely.

Although the end of the Labor Day weekend brings to a conclusion the 101 Critical Days of Summer safety campaign, safety is an everyday initiative at Walter Reed Bethesda. If you travel



this weekend, please don't drink and drive or get in a car with someone who has been drinking. Remember, always to wear your seatbelt, don't drive while you're fatigue, don't speed, and avoid distractions, including the use of a cell phone.

I urge motorists to wear personal protective equipment such as a helmet with a shield, proper boots or shoes, long pants and a long-sleeved shirt or jacket, and always wear a reflective vest, whether you are riding during the day or night.

If you spend time outdoors, drink plenty of water in the heat, use sun screen and wear sunglasses to protect yourself from the sun's harmful UV rays.

Remember water-related activities come with added responsibilities. Don't swim alone, swim only in approved swimming areas, and always wear a life vest when boating. Also, don't drink while boating.

Again, I appreciate your dedication and commitment. Enjoy this Labor Day weekend, and safely celebrate all the work you do to make Walter Reed National Military Medical Center the flagship of military medicine.

**Commander sends
Rear Adm. Alton L. Stocks
MC, USN
Walter Reed National Military
Medical Center**

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Bethesda Notebook

Women's Equality Day

Walter Reed Bethesda staff members and the Army Band "Downrange" will perform today from 11:30 a.m. to 12:30 p.m. in the America Building Atrium (piano area) in celebration of Women's Equality Day. There will also be free food available for sampling and everyone is invited to attend. For more information, call Sgt. 1st Class Jason Zielske at 301-400-3542 or Chief Hospital Corpsman Oluyinka Adefisan at 301-295-6482.

Sept. 11 Observance

A Sept. 11 observance, "9/11 Remembrance: Bringing Healing to Our Families and Nation," will be held Sept. 11 at 7 a.m. in Building 17's gymnasium. The guest speaker will be Chaplain Bob Wyatt and the New Life Youth Choir of Wyomissing, Penn., will perform. A complimentary breakfast is scheduled to be served and everyone is invited to attend. For more information, call Walter Reed Bethesda's Department of Pastoral Care at 301-295-1510.

Freedom 5K

Naval Support Activity Bethesda Freedom's 5K will be on Sept. 11 beginning at 11 a.m. at the Navy Exchange (NEX) Bethesda. Registration for the event is scheduled for Sept. 4 from 4 to 6 p.m. at the MWR Fitness Center and Sept. 7 from 11 a.m. to 3 p.m. at NEX Bethesda. Registration can also be accomplished at <https://nsabfreedom5k.eventbrite.com/>.

Ask Your Leadership

'Ask Your Leadership' is a new staff communication tool for you to view and post questions or comments for official responses from the Walter Reed Bethesda command leadership. The tool is on the WRB Intranet page. Click on the Town Hall/Leadership Forum icon, and then click on 'Ask Your Leadership'.

Free Financial Counseling

Free financial coaching for all service members, federal employees, contractors and family members is available at the Fleet and Family Support Center (FFSC) in Building 11. Assistance is available to analyze your credit report or credit scores, discuss retirement (Thrift Savings Plan) options and create a budget. To schedule an appointment or for more information, call 301-319-4087, or email ffsc@med.navy.mil.

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Eco Friendly Navy Exchange Recognized With Award

By Ryan Hunter
NSAB Public Affairs
staff writer

The recently re-built Navy Exchange (NEX) shopping center is quickly establishing itself as one of the greenest buildings on Naval Support Activity Bethesda (NSAB) after receiving a 2013 National Merit Design-Build award.

The NEX building was designed by CMH Architects to replace the older 40,000 square foot facility with a state of the art 150,000 square foot, two story facility. "The base deserved a brand new Navy Exchange to match the needs of [Walter Reed Bethesda]," said Rico Macaraeg, NEX northern district marketing and public relations manager. "The fluctuating tenant hospital of over 11,000 people really required a Navy Exchange like the one we have today."

However, the new NEX building improves upon the old in more than sheer size and the addition of a food court. According to the Design-Build Institute of America, the presenters of the award, the NEX met budget and schedule goals, but most importantly, achieved innovation in design and construction.

The building's construction uses 100 percent American made materials, a portion of which were recycled

from the old NEX. In addition, there are a number of design features which focus on eco friendly sustainability.

The roof of the NEX is covered with plots of lush green grass. According to Macaraeg, the fresh vegetation not only looks appealing to commuters driving by the base, but it also plays a vital role in maintaining the temperature inside the building. "In the summer, it absorbs the heat coming from the sun keeping our building cooler, as opposed to a tar, shingled or cement roof. During the winter, it insulates the building, keeping the building warmer by trapping heat in the building."

The building also houses an internal irrigation system, which reduces public water usage by collecting rain water. The water is stored in tanks inside the building and later used to irrigate the grass roof and plants surrounding the store as well as operate the sprinkler systems and restroom facilities.

The store's massive second floor skylight provides more than just natural light for shoppers. "There are sensors that are positioned near the skylight that measure the amount of light that's coming in," said Macaraeg. "If there is enough light coming in during the day that our store can operate, the [electric] lights will turn off, re-

ducing energy use and increasing efficiency."

"An eco friendly yet pleasing to look at building was always our goal," said Capt. Frederick "Fritz" Kass. "This project was a great collaboration between our facilities team, both with NSA Bethesda and Naval District Washington along with NEX and the contractors. There was a lot of consideration involved with the design of the building in regards to surrounding areas and communities outside the gates."

This isn't the first time the building was recognized for its green construction and design. Upon its completion, the U.S. Green Building Council (USGBC) awarded the NEX a Leadership in Energy and Environmental Design (LEED) gold certification. This designation, the second highest certification awarded by the USGBC, identifies the building as having one of the lowest potential environmental impacts and the greatest human benefit in the United States.

"This is one of the first LEED buildings for the Navy Exchange," said Macaraeg. "Its part of our commitment to the Secretary of the Navy and its service members to make sure that any [NEX location] we're building or refurbishing is conscious of the environment and preserves it for the future."



Photo by Ryan Hunter

The grass roof of the Navy Exchange shopping center keeps the building cool in the summer and warm in the winter.

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Correction:

In an advertisement for services at Walter Reed National Military Medical Center (Comprint Military Newspapers, Aug. 22, 2013), the wrong advertisement was posted. The new Chief of Staff at Walter Reed Bethesda is Capt. Sarah Martin, not Col. Ramona Fiorey as reported. Capt. Martin joined Walter Reed Bethesda as second in Command in July of this year. We regret the error and any confusion it may have caused. For more about Walter Reed National Military Medical Center go to: www.wrnmmc.capmed.mil

Patient-friendly Décor Brightens WRNMMC Breast Imaging Center

By Terry Sellars
Patient and Family-Centered Care Steering Committee

The Breast Imaging Center (BIC) at Walter Reed Bethesda recently made patient-friendly improvements to lend itself to a healing environment.

When the clinic moved to new spaces on the third floor of the America Building in 2011, patients commented about the “sparse and sterile” feel of the clinic environment. This inspired staff to make improvements for patients and families, according to Vanessa Rodriguez, staff nurse in the Breast Imaging Center and Patient and Family-Centered Care (PFCC) Steering Committee member.

“Since joining the PFCC Committee, I have been stirred to

make our patients and family members understand how much they mean to us,” Rodriguez said. “We understand that they are an intertwined part of our lives, and we of theirs. My vision was to make their visits [to the clinic] as pleasant and comfortable as possible.”

She consulted with Courtney Reed, a former member of the Healthcare Facilities Department, who was “more than happy” to supply the Breast Imaging Center with artwork for the walls throughout the clinic spaces, Rodriguez explained. “They perfectly matched the soothing aesthetic quality that the staff was seeking.”

A benevolence club, which has traditionally donated items to Walter Reed Bethesda departments upon request, contributed an area rug to the clinic,

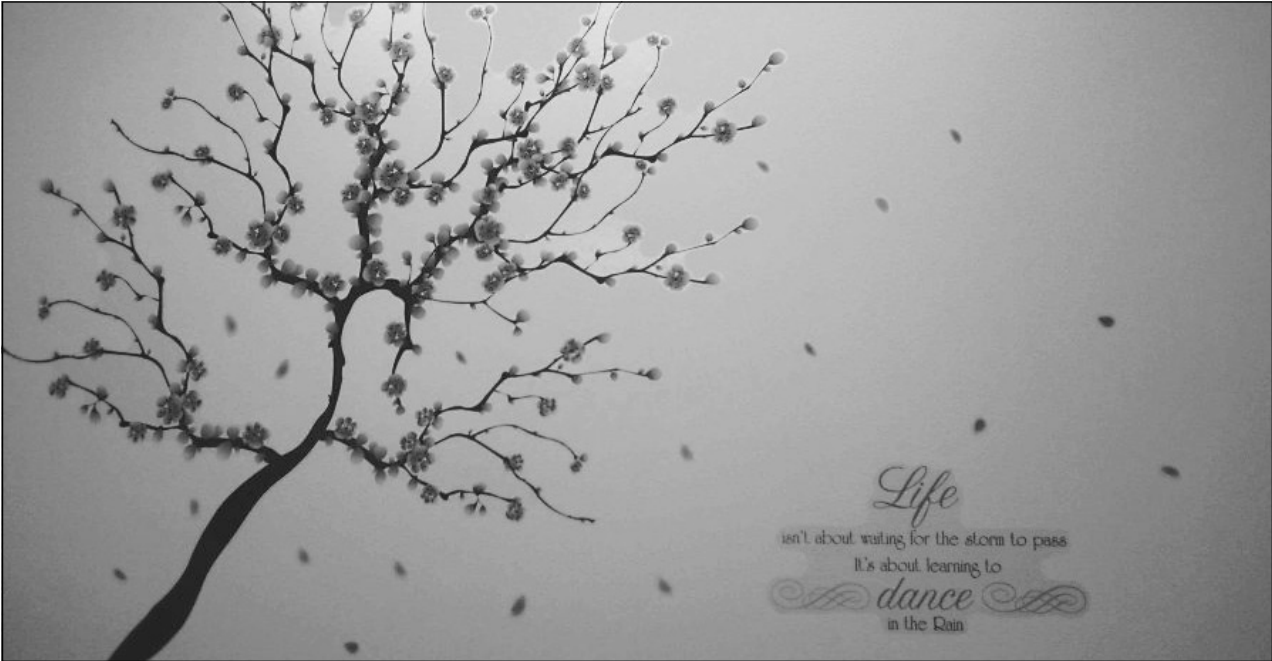


Photo by Terry Sellars

Wall decals depicting inspiring messages were added to the Walter Reed Bethesda Breast Imaging Center décor to lend itself to a healing environment.

as well as a lamp and magazine basket.

Wall decals depicting inspiring messages were also added to the center’s décor.

According to Rodriguez, the new appearance of the clinic has elicited positive compliments from patients, families and staff. “One patient even copied down the inspirational words from the center’s wall displays to post on her Facebook page,” the nurse explained.

“These comments are music to our ears, motivating us to want to do more. It is a beautiful thing to walk through the waiting room and see our patients and families looking comfortable and relaxed.”

The Patient and Family-Centered Care Steering Committee meets on the fourth Thursday of the month at noon. For more information, call Terry Sellars at 301-400-2791.

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Transitioning is Difficult, Having a Mentor Can Really Make a Difference

**By Master At Arms
Seaman
April Beazer
Public Affairs
staff writer**

Lee Miller, founder and Program Director for the Wounded Warrior Mentor Program (WWMP), stated that "Our mission is to transition [wounded, ill, and injured military] to a new life and profession."

Founded in 2004, the WWMP started out with just four members, but quickly grew into a large volunteer program.

"We have been in business for 9 years," Miller explains. "It started at the old Walter Reed. Three classmates of mine from West Point, class of 1958 [and myself] were attending events with the wounded warriors and we saw a gap. Everybody was doing everything for them.

They were scuba diving, golfing, skiing, but they weren't looking at the future. What are [the wounded, ill and injured military] going to do when you get discharged; nobody was working on that with them at all. That is when we saw this meaningful way to employ ourselves. We started with a very small group from my class of 58' with mentors and we got other people involved to be mentors. So for nine years we built ourselves with lots of mentors."

Lee Miller spoke on the process of signing up for the WWMP.

"We recruit wounded warriors and do a one hour intake interview, gather all of their information and figure out where they want to go; whether it is education, internships, or jobs," said Miller. "We present opportunities for



Photo of the Wounded Warrior Mentor Program

Mark Miller, Wounded Warrior mentor, talks with Will Thomas and his wife Chanelle about his upcoming below-the-knee amputation.

them and we go from there. We work very close with the staff, the occupational therapists (OT) and the Navy Safe Harbor program. We explain the opportunity

to the wounded warrior and tell them what to do and then they go to their OT and arrange for an internship. The OT does the work but we guide them and

send them their way, we don't take their jobs."

Spc. Eric Clark, a wounded warrior from the 3rd infantry division, Ft. Stewart, Ga.,

talks about all the different ways a mentor can help military during their transition.

"They are willing to help you with so many different things like the Veterans Affairs, the whole medical board process, getting internships and being prepared for your transition. Obviously there are tons of moving pieces in all of that; it's a lot for one person to comprehend who has no idea about any of it. Having a mentor, who has dealt with it himself, helps me through it whenever I have questions."


Mentors are there for wounded warriors, from the very first day all the way until they are transitioned out of the military.

"What I like about [having a mentor] is whenever I have a


See MENTOR page 10

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Walter Reed Bethesda Hosts Suicide Intervention Training

By Bernard S. Little
WRNMMC Journal
staff writer

The Department of Pastoral Care at Walter Reed Bethesda hosted a two-day Applied Suicide Intervention Skills Training (ASIST) on Aug. 20-21. The training prepares staff to be suicide first aid intervention specialists. September is Suicide Prevention Awareness Month.

Lt. Jon Craig, a Navy chaplain and one of the ASIST trainers, explained in 2010 when the U.S. population was approximately 300 million people, there were a reported 38,364 suicides, and 8.3 million people reported thoughts of suicides, according to figures from the Centers for Disease Control and Prevention (CDC). In addition, the CDC reported 5 to 25 percent of suicides go unreported, and non-fatal suicidal behaviors are 40 to 100 times greater than the number of suicides. In addition, suicidal behavior may affect a few or a very large number of individuals.

The training consisted of an introduction to prevention and intervention of a suicidal person, group discussion and role-playing, all to develop participants in how to be effective first responders and suicide first aid intervention specialists.

In discussing the focus of ASIST training, Craig explained the types of suicide prevention. The chaplain said prevention is important, but it cannot stop everyone from having suicidal thoughts.

Intervention follows prevention and is the focus of ASIST training, Craig continued. "Intervention is suicide first aid to prevent the risk of suicidal behavior," he added.

Following intervention is "postvention," which is "for those who injure themselves and those who are affected," Craig said.

In describing suicidal behavior, Craig used the analogy of a river flow.

Everyone experiences stressors, which can become "contributaries" in the river leading to suicide if not handled properly, the chaplain explained. He said the contributaries in the river can "build and build," placing pressure on the dam which

prevents people from having suicidal thoughts.

"If it gets to a point where those stressors become too much for somebody to handle, they may begin to have thoughts of suicide and push through the dam into the river suicide, where now they are actually engaged in having thoughts of suicide," Craig said.

"If [someone] continues to go down that river, they are going to get to a point where those thoughts begin to turn into behaviors at the edge of the waterfall," he continued. "Of course, that behavior can result in death or harm."

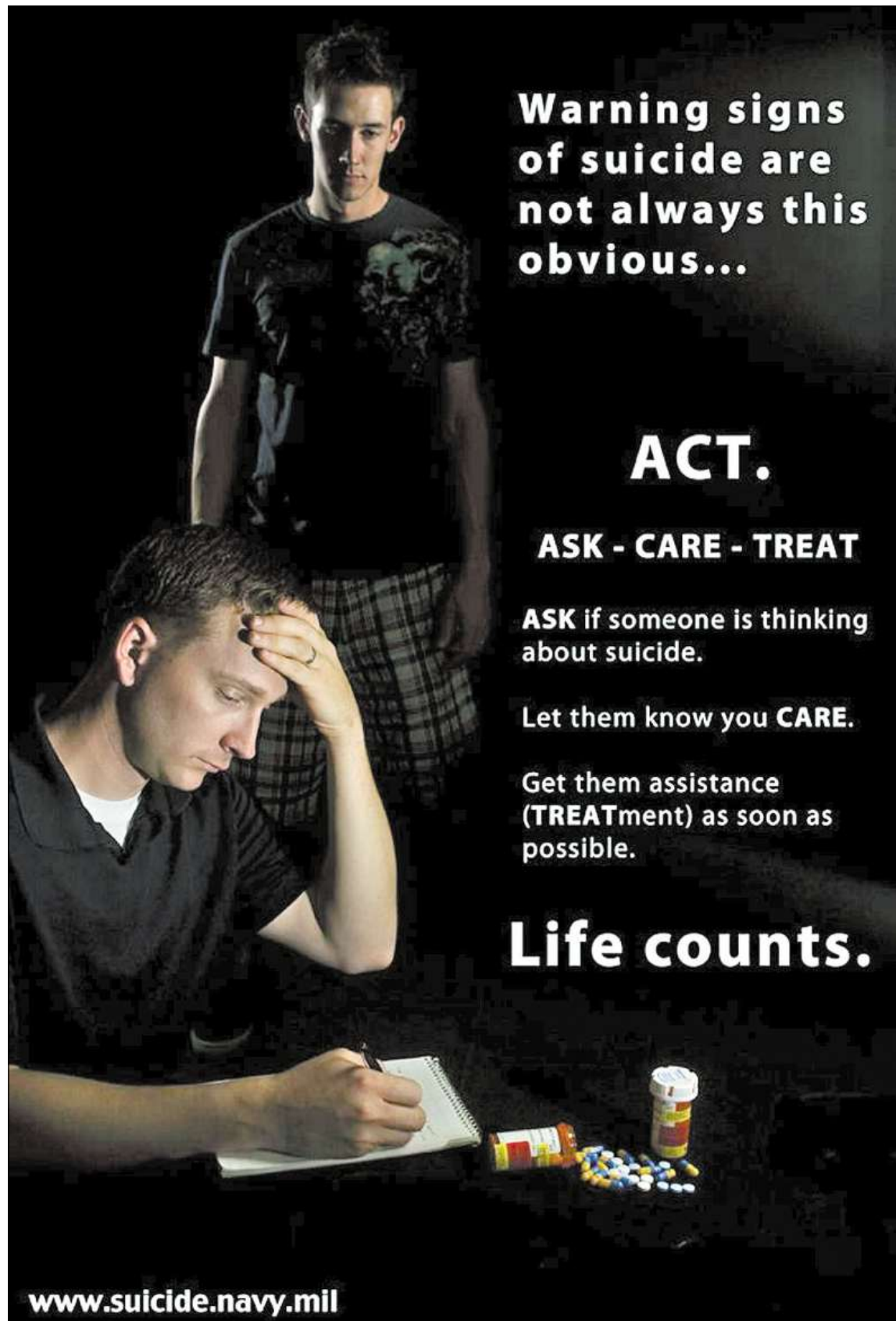
The ASIST training is designed to provide the participants with the skills and tools necessary to assist someone who has fallen "in the river of suicide," Craig explained.

Maj. Denise Hagler, an Army chaplain and ASIST trainer, said it can only take one reason for a person not to commit suicide. "Most of the times you find out most people do not want to commit suicide and they don't want to die. They want you to come to them and say, 'Please let me help you,' and they will receive it," she said.

Craig added everyone becomes a "caregiver" in suicide prevention. "Most of the time, the person who is going to be doing the [initial] CPR or suicide first aid [intervention], is not going to be a chaplain, counselor or psychologist, but it's going to be the gunny, NCO or someone who's your buddy and sees you on a daily basis."

When intervening in suicidal behavior, Hagler said it's important for those attempting to help others at risk not to "overstep" boundaries. She added it's important for caregivers to be upfront and possibly say to those at risk, "I don't know everything that you're going through, but I can empathize with you and I'm here to help." She said this could help in making a legitimate connection with the person in danger to assist him or her.

Both Craig and Hagler stressed asking about the person's intent [to commit suicide], listening and patience are important in the intervention process. "Take your time," Hagler said. "Time is imperative. You may spend a lot of time at your



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U.S. Navy photo illustration

connective phase, but stay there. This is how [a person at risk] will know you care, are genuine, and you are not patronizing them."

ASIST trainer Lori Passmore says the goal of suicide intervention is for caregivers to "throw out a life preserver" [to individuals at risk] and it's accepted.

Craig concluded by stressing the importance of following up with all commitments made by the at-risk person to the caregiver, such as a promise to call the caregiver, as well as those made to the person at risk, so he or she

feels supported and is kept safe.

For help at Walter Reed Bethesda, chaplains are on-call 24 hours a day, seven days a week at 201-295-1510 during normal working hours, Monday through Friday from 7:30 a.m. to 4 p.m., or via the Command Duty Office at 301-295-4611 after hours.

Resiliency and Psychological Health Service at Walter Reed Bethesda provides coping strategies for employees and can be reached at 301-400-1974 or at WRNMMC-Resiliency@health.mil.

The Behavioral Health Clinic is available at 301-295-0500.

The Employee Assistance Program works in partnership with the resiliency program, and is available to work with civilian employees in confidentiality on a variety of issues, including stress management. They are available at 301-400-0077.

Assistance is also available at the National Suicide Prevention Lifeline/Military Crisis Line at 1-800-273-TALK (8255), or at the website suicidepreventionlifeline.org.

MWR Has What Every Football Fan Needs

By Mass Communication Specialist 3rd Class
Brandon Williams-Church
NSAB Public Affairs
staff writer

Football season is upon us and Morale Welfare and Recreation's (MWR) Liberty Zone, along with the Information, Tickets and Travel (ITT) office, have just what the avid football fan needs to get through the season.

Whether it's watching the game with friends in a fun-filled environment, or watching the game live with a loved one, either avenue can satisfy the toughest football fan's hunger for excitement.

The Liberty Zone, located on the first floor in Building 11, is the place to go to for sitting back in a large recliner and watching the game. Offering three big screens to catch your favorite team, with snacks and drinks on hand, internet access and video games to play during halftime, the Liberty Zone



Photo by Mass Communication Specialist 3rd Class Brandon Williams-Church

Lance Cpl. Eliseo Garza, stationed at Marine Corps Base Quantico, Va., catches up on SportsCenter in the Liberty Zone in Building 11 Friday.

provides its fans entertainment options on game day.

"The patrons, E1-E6 and all wounded warriors, can come down and watch the

games whenever they like," said Edward T. McLean II, recreation specialist at the Liberty Zone. "We will have all the NFL Monday night

games being shown. For the next 17 weeks, the games will be shown in their entirety. Even if it goes late or into overtime, we will show

it until it ends. We will be open for our regular hours as well or until the game is over. We show all the NFL football games on Sunday as well. We show from pregame, which starts around noon, until the primetime game. Unfortunately on Sundays, we won't be open for the duration of the primetime game unless it's a special event that we have permission to stay open later, then we will stay open."

If patrons feel the need to bring food or snacks to The Liberty Zone, they are allowed to do so, said McLean. The Liberty Zone will provide snacks for patrons on different occasions depending on the event. There are also brochures on hand of several dining options around base.

"We also have the NFL Sunday Ticket from Direct-TV," said McLean. "That option keeps everybody abreast on their favorite team so

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DENTAL

Continued from 1

nurse, he knew he would join the military one day.

Retired Navy Cmdr. Curtis Reaves is his next patient, at 1:15 p.m. The prostate cancer survivor sought to become a patient at the Naval Postgraduate Dental School after his radiologist told him about the NPDS program which provides patient care. Military medicine, the NPDS, and Dr. Gittleman have been very good to him, the retired commander explained.

After completing notes in his chart, Gittleman takes a moment for conversation in the lobby to say goodbye to the commander. Most likely this will be the last time Gittleman sees him before the lieutenant goes to Guam.

At 2:30 p.m., the Navy dentist reviews a cast of Desta, his first patient that day, with Bernadette Kasozi, a dental assistant at the Naval Postgraduate Dental School. The cast will be used to make a retainer for Desta. Gittleman will end his day completing



Photos by Sharon Renee Taylor

Gittleman reviews a cast of his first patient of the day with Bernadette Kasozi, a dental assistant at the Naval Postgraduate Dental School.

paperwork, and reading a recent academic journal article that may help with the Sailor's treatment plan.

Spending some time in the dry lab removing excess material from a mold, Gittleman refines the cast before dropping it off to the dental lab for the mouth guard. Next, he's off to discuss a case he will transfer to Cmdr. (Dr.) Daniel Barcomb, a dentist with the Public Health Service completing his second year as a resident at the school.

As a resident, Gittleman

saw four to six patients a day; less than the average military dentist who sees about one patient per hour. He said NPDS residents move a little slower, to do bigger, more challenging cases so that when they graduate and go to their assignments they can be the subject matter experts, the leaders in the field, the ones who get the tricky cases, and provide answers to the tough questions.

Munro called Gittleman one of the new "super-trained" dentists leading



Gittleman examines a patient's teeth.

the Naval Dental Corps into its next century. "He repre-

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WRNMMC Hosts Federal Interagency Breastfeeding Workgroup

By Bernard S. Little
and Cat DeBinder
WRNMMC Journal staff writers

Walter Reed National Military Medical Center (WRNMMC) hosted a meeting of the Federal Interagency Breastfeeding Workgroup on July 31, in honor of National Breastfeeding Month, celebrated during August.

Workgroup members came from the Departments of Defense (DOD), Labor (DOL), Office of Personnel Management (OPM), U.S. Department of Agriculture (USDA), and U.S. Department of Health and Human Services (HHS), which includes the Office of the Surgeon General, Food and Drug Administration (FDA), National Institutes of Health (NIH), Centers for Disease Control and Prevention (CDC), Office of Women's Health (OWH), and other federal agencies to discuss initiatives to empower more women to breastfeed by highlighting its benefits.

The workgroup, which began in May 2011, meets annually "to brainstorm and update each other on breastfeeding initiatives and campaigns throughout [the government]," explained Shannon Riley, a registered nurse and board certified lactation consultant of the Mother and Infant Care Center (MICC) at Walter Reed Bethesda.

"We provide an ongoing forum for information sharing and joint planning across federal agencies that support breastfeeding in some way," added Dr. Laurence M. Grummer-Strawn, a workgroup member and chief of the Nutrition Branch, Division of Nutrition, Physical Activity and Obesity for the CDC in Atlanta, Ga.

"As HHS Secretary Kathleen Sebelius has said, 'Breastfeeding is vitally important to mothers' and infants' health,'" Grummer-Strawn continued. "We know that babies who aren't breastfed are at increased risk of ear infections, diarrhea, childhood obesity, Type II diabetes, and SIDS (Sudden Infant Death Syndrome). In the mother, risks of breast and ovarian cancer decrease with each additional month that she breastfeeds. It has been estimated that \$2.2 billion in direct medical expenses could be saved annually if 90 percent of babies were breastfed as recommended," said the CDC doctor who has worked for the agency for more in the 20 years in the areas of reproductive health and nutrition.

One of the items discussed during the Federal Interagency Breastfeeding Workgroup's meeting at Walter Reed Bethesda, was the Baby-Friendly Hospital Initiative, "a command-sponsored breastfeeding quality assurance initiative we are pursuing," Riley added.

Grummer-Strawn explained the Baby-Friendly Hospital Initiative is a worldwide effort to recognize birthing hospitals providing optimal care for feeding of newborns.

"To be designated as 'baby friendly,' hospitals need to demonstrate that they adhere to the 10 Steps to Successful Breastfeeding," Grummer-Strawn continued. "These steps deal with hospital feeding policy, appropriate staff training, adequate attention to the continuity of prenatal and postpartum care, and specific practices to help get breastfeeding well established in the hospital."

"Research has shown that women who don't get appropriate care in the maternity ward are 12 times as likely to stop breastfeeding in the first six weeks of life as those whose hospitals experience adheres to the 10 steps," Grummer-Strawn said.

Also at Walter Reed Bethesda, the Nation's Medical Center was one of 15 employers in the National Capital Area, and only one of four hospitals, to receive the Breastfeeding-Friendly Workplace Award in 2012. Walter Reed Bethesda received the award in November, along with other honorees, for what award sponsors called, "a win-win situation."

Walter Reed Bethesda's award was "mainly due to the incredible lactation support from the command with breastfeeding and baby-friendly policies, rooms to breastfeed and other resources, and our fantastic lactation consultants," said Cmdr. (Dr.) Gregory H. Gorman, program director for National Capital Consortium Pediatrics Residency, pediatric nephrologist at WRNMMC, and assistant professor of pediatrics at the Uniformed Services University of the Health Sciences (USU).

"Providing lactation support and spaces for our employees means that they have less time away from work ... We repeatedly hear from our employees how grateful they are for the available rooms, equipment and support that we are able to provide to make it easier for them to provide breast milk to their children," WRNMMC officials said.

According to one Walter Reed Bethesda employee, on her comment form, "the lactation accommodations at the medical center were more than [she] expected ... It's something that I can do for my baby even when I'm not able to be at home with her, and I think that's helped me bond even closer to my daughter."

Another employee commented, "It has been such a comfort to me knowing that I can call one of the lactation consultants if I need anything. That was such a help to me. I have also used the conveniently-located

See **WORKGROUP** page 10



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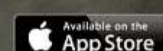
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MENTOR

Continued from 5

question; I can call him up and ask him. If he doesn't know the answer, he will get the answer. We are working on doing tours of metal facilities because I want to be a welder," said Clark. "He is helping me take a look at that to see if that is something I am still interested in. They are very, incredibly helpful."

Having a mentor during the medical board process can really make a difference.

"I highly recommend [getting a mentor] because anyone who thinks that they can handle the medical board process on their own is wrong. It is ridiculous how complicated it is," stated Clark. "Just having someone there to help you through it is incredible! It is more help than you

can ever need. That is why I would recommend [getting a mentor]. It makes [the medical board process] a lot smoother."

There are so many ways to find information about the WWMP and all it has to offer.

"We have a website, www.wwmp.us. We recruit here at Walter Reed National Military Medical Center every Wednesday; you can see our banner [in front of Building 62]. We recruit and interview on Wednesday from about 9a.m. to 2p.m.," Miller said. "We also brief the warrior transition unit once a month and the Joint Task Force Cap Med brief where all the commanders are at the panel for 15 minutes. Every Friday we have an outpatient brief. When they come out of the ward, they have a brief and we speak there. We also get referrals from the outpatient managers and the OTs. That is how we get in contact with them."

FOOTBALL

Continued from 7

they can go to the NFL Network and catch their team as they score a touchdown or drive to the red zone."

The Liberty Zone will also show every Thursday night NFL football game and have their annual Super Bowl Party, as well as showcase college football games on Saturdays.

If you are the fan that prefers to watch the game live to enjoy a one of a kind experience, the ITT office can help you create that memory.

The ITT office sells tickets for home games of the Washington Redskins, offering decent seats at competitive prices, said ITT Manager Alecia Pityk.

"If you want to go to a particular game, it costs \$130 per ticket. It's a very competitive price compared to endorsement deals or going through the Redskins themselves because you can't buy the tickets individually. So, it is a convenience and a benefit to our customers. Our seating sections are in the 100 and 200 levels so it's not in the nosebleed sections. We also have club seats, but are sold out for the Dallas Cowboys

game. They do cost more but are at a significant discount. We are selling them for \$599 and they are an \$840 value, so it's a good deal."

No matter where you choose to watch your favorite team battle it out on the gridiron, MWR covers all the angles. Football season is the time that brings families, friends and even rivals together.

"It doesn't matter where you go, football is an easy topic to talk about," said Pityk. "Girls or guys will talk about it. Its competitive but in a friendly way and it brings people together because if you support the same team you will instantly click. But, if you don't like the same team, even then, it will strike up a conversation."

"No matter what background you're from, ethnicity you're from or what part of the country you're from, when football season comes around everybody shares that common bond of competition and loyalty to their team. You might have two rival teams playing but it's respectful competition. There's no other sport like that where you can always get a strong fan base of people supporting who they like. I believe bringing football and the Liberty Zone together brings people to good spirits."

WORKGROUP

Continued from 8

breastfeeding rooms, both in the peds clinic and in the main hospital. They are a nice, comfortable place to share time with my baby or to pump if I need too. Thanks again for all your help."

In 2010, President Barack Obama asked federal personnel officials to draft "appropriate workplace accommodations" for federal employ-

ees who are nursing mothers, and the Federal Interagency Breastfeeding Workgroup was created in 2011 in direct response to the Surgeon General's Call to Action to Support Breastfeeding.

For more information about breastfeeding, including recommendations and policies, visit www.cdc.gov/breastfeeding. For information about breastfeeding policies and accommodations at Walter Reed Bethesda, call Shannon Riley at 301-319-5048.

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